Why Is Pink Salt Popular? Everything you need to know

Pink salt is a real discovery in the culinary world, because of its pink color, natural properties and versatility. Pink Salt which is also known as **Himalayan Pink Salt** is extracted from Khewra mines and other salt deposits in the Himalayan mountains. This natural product is a type of rock salt, which contains a variety of trace elements. It is used both for seasoning dishes and as a **table salt**. Pink salt is a great alternative for people who want to add a taste of natural salt to their food.

Pink salt contains a variety of trace elements, due to which it got its pink color. Thus, Himalayan pink salt differs from regular table salt. The main difference is the source of origin, and the amount of trace elements.

The most common question about pink salt is: **does pink salt contain iodine or not**? Naturally occurring salt does contain a certain amount of this element. However, the amount of iodine pink salt is quite low. Therefore, people who have chosen pink salt as their regular salt should pay attention to the amount of iodine they consume. It can be obtained from dairy products, seafood, and eggs.

Pink Salt or Regular Table salt

This product is believed to be healthier and contain more trace elements for the body. However, Himalayan pink salt does not differ significantly from regular table salt in its beneficial effects on the human body. This type of salt does contain potassium, magnesium, calcium, and other trace elements. However, the amount of these elements is much lower than the amount of sodium chloride. The main purpose of this salt is to enhance the flavor of dishes.

The **benefits of pink salt** are controversial, because the amount of trace elements is small and comparable to the amount of sodium. However, consuming regular table salt is even more harmful to health, since it often contains various additives. Thus, using pink salt as a seasoning is much healthier for the body.

Reality of Pink Tibetan salt

Pink Tibetan salt is identical to Pink Himalayan salt. In reality, this type of salt is extracted from the salt deposits of Pakistan, not Tibet. Thus, the benefits and uses of pink salt are similar to the features and benefits of Himalayan salt. However, it is important to distinguish between these two products, since they may come from different sources.

Pink Salt Trick

Salt tricks using pink salt have become quite popular on the Internet in recent years. Recipes for cooking with Himalayan pink salt are usually quite simple, because they include mainly warm water, lemon juice or honey. **Pink salt benefits** are often exaggerated, since there is no real difference between the properties of this product and regular table salt. However, **pink salt trick** helps to get rid of **dehydration** and **morning puffiness**, by stimulating water release and acting as a natural electrolyte solution.

Pink Salt Decorative and Culinary uses

Himalayan pink salt is a popular decoration in the kitchen, since it combines natural beauty and useful properties. The unique pink color and large salt crystals create an **aesthetic appearance**, so this product is used not only for culinary purposes, but also for interior design.

Culinary Uses of Pink Salt

This type of salt is very versatile, because it can be used both for seasoning food and for baking. It is great for use in the kitchen, because it can season almost any dish: meats, salads, soups, pasta, vegetables, and grilled dishes. Pink salt can be used in different forms: coarse, extra coarse, flakes, and others. It can season different types of food, as well as serve as an additive in baking.

Some chefs use large salt blocks to grill or cook food. Such blocks not only give a unique flavor to the dish, but also act as a decoration, since they look very beautiful on the table.

Decorative Uses of Pink Salt

The unique pink color of salt blocks is often used to decorate homes and hotels. Many people use **salt lamps** and **salt candles** to illuminate and brighten their homes. In addition, this product is used to make decorative vessels, which can be used as utensils for salt.

Salt blocks are also used in cosmetics and spa procedures, because they not only look beautiful, but also have a beneficial effect on the skin.